

PLEASE HAVE THE LIFTING FLIGHT STAND DURING THE ROLL CALL AND RULES BRIEFING

Rules Briefing Information for Squat	Rules Briefing Information for Bench Press	Rules Briefing Information of Deadlift
Equipment	Equipment	Equipment
<ol style="list-style-type: none"> 1. Must wear a lifting suit/singlet with straps up (cannot adjust them once on platform) 2. Must wear a Cotton T-shirt with hemmed sleeve. ONLY ONE SHIRT! 3. NO HATS OR JEWELRY!!! 4. Knee wraps, if utilized, cannot touch suit or socks. 5. Belt, if utilized, must be legal. 4 inch maximum width. Can be adjusted on platform. 6. No boxer shorts, or other shorts under lifting suit. 7. Footwear must have a molded sole. 	<ol style="list-style-type: none"> 1. Must wear a lifting suit/singlet with straps up with either a supportive Bench Press shirt of cotton t-shirt with hemmed sleeves. 2. Lifter may wear a belt outside of lifting suit/singlet. Can only adjust belt on the platform. Cannot get assistance once on the platform to adjust any equipment. 3. Thumb loop on wrist wraps, if utilized, cannot remain looped around the thumb. 4. NO HATS, JEWELRY ON THE PLATFORM. 	<ol style="list-style-type: none"> 1. Must wear lifting suit/singlet with straps up before getting on platform 2. Must wear a Cotton T-shirt with hemmed sleeve. ONLY ONE SHIRT 3. Belt, if utilized, must be legal. 4 inch maximum width. Can be adjusted on platform. Can be adjusted on platform. 4. No boxer shorts or other shorts under lifting suit.
Commands – Verbal/Visual	Commands – Verbal/Visual	Commands – Verbal/Visual
<p>To Initiate the Lift: Verbal – Squat, Visual – Downward motion of the hand by the Head Referee</p>	<p>To Initiate the Lift: Verbal – Press, Visual – Upward Movement of the hand by the Head Referee</p>	<p>To Initiate the Lift: No Verbal or Visual Command is given to initiate the Deadlift. Lifter initiates the lift when he/she is ready.</p>
<p>To Complete the lift: Verbal – Rack, Visual – Backwards motion of the hand by the Head Referee</p>	<p>To Complete the lift: Verbal – Rack, Visual – Backwards motion of the hand by the Head Referee</p>	<p>To Complete the Lift: Verbal – Down, Visual – Downward motion of the hand by the Head Referee.</p>
Order of Completion of Lift:	Order of Completion of Lift:	Order of Completion of Lift:
<ol style="list-style-type: none"> 1) Lifter has one minute to remove the bar from the racks after the “bar loaded” is given by the Head Referee on the platform. 2) When lifter is set in an erect position and knees locked with fingers wrapped around the bar, he will be given a verbal squat and visual command. 3) After receiving the squat command the lifter will: 4) without any foot movement, or locking or re-locking knees, descend with the weight with the bar in proper position on the lifter’s back without any upward movement of the bar, break parallel, ascend with the weight without any bouncing movement at the bottom, without regression during the lift, and stand erect controlling the weight, with knees locked until a verbal and visual signal is given to replace the bar in the rack. 	<ol style="list-style-type: none"> 1) Lifter has one minute to assume a lifting position on the Bench and the take the bar at arms’ length after the “bar loaded” is given by the Head Referee on the platform. 2) All fingers must be wrapped around the bar with proper spacing of the hands. 3) The bar is lowered to the chest by the lifter, paused and held motionless to the satisfaction of the head Judge on the lifter’s sternum. 4) A verbal PRESS command and hand command is given to commence the lift. The bar must be evenly raised to an even lock out without any regression. 5) The lifter shall keep his (her) head, shoulders and buttocks on the bench, and feet must remain flat on the floor or assisted equipment during and at the completion of the lift. 6) Then, a verbal and visual command will be given to rack the weight. 	<ol style="list-style-type: none"> 1. The lifter has one minute to initiate the lift after the “bar loaded” is given by the Head Referee on the platform. 2. The lifter will lift the bar without stepping forward or backward to an erect position with the knees locked and shoulders back. 3. There will not be any downward movement of the bar or supporting of thighs during the lift. 4. Once the lift is completed the head referee will give the DOWN command. Bar must be lowered with control to the floor without stepping forward or backward.

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Rules Briefing Information for Squat	Rules Briefing Information for Bench Press	Rules Briefing Information of Deadlift
Reasons for Disqualification of Lift:	Reasons for Disqualification of Lift:	Reasons for Disqualification of Lift:
<p>1) Failure to wait for the command to start</p> <p>2) Double bouncing, or more than one recovery attempt at the bottom of the lift.</p> <p>3) Failure to assume an upright position (knees locked) at the beginning or end of the lift.</p> <p>4) Any lateral movement of the feet. Rocking back and forth on the feet between the ball and heel of the foot is permitted though.</p> <p>5) Failure to break parallel on the squat attempt.</p> <p>6) Change the position of the bar on the shoulders after starting the lift, Intentional or Unintentional.</p> <p>6) Contact of elbows or upper arms with the legs.</p> <p>7) Failure to make a bona fide attempt to return the bar to the racks.</p> <p>8) Any dropping or dumping of the bar.</p> <p>9) Failure to remove the bar from the racks within the one minute period after the “bar is loaded” command is given by the Head Referee on the platform.</p> <p>10) Failure to use a closed grip during the execution of the lift.</p> <p><u>NOTE: Stopping of the bar during the ascent portion of the squat is not cause for disqualification of the lift. This also applies in the Bench Press and the Deadlift.</u></p> <p><u>NOTE: Intentional dropping or dumping of the bar may result in the lifter being disqualified from the meet.</u></p> <p><u>NOTE: Movement of the hands during the performance of the squat is not a cause for disqualification of the lift.</u></p>	<p>(1) Failure to observe the referee’s signal to start or complete the lift.</p> <p>(2) Failure to start the execution of the lift (receive the press command) within one minute after the “bar is loaded” signal is given by the Head Referee.</p> <p>(3) Any change in the lifters position on the bench after the signal to initiate the lift has been given (any movement of the head, shoulders, buttocks from their original points of contact with the bench, any movement of either foot, or lateral movement of the hands on the bar).</p> <p>(4) Heaving or bouncing the bar off the chest. Heaving or bouncing is defined as any downward movement of the bar after the PRESS command is given. Once the bar starts up, it may not descend in any way.</p> <p>(5) Allowing the bar to sink into the chest after receiving the referee’s signal.</p> <p>(6) Any downward movement of either hand that occurs as the bar is pressed upward.</p> <p>(7) Any contact between the lifter’s feet and the bench or its supports.</p> <p>(8) Deliberate contact between the bar and the bar uprights during the lift to make the press easier.</p> <p>(9) Failure to use a closed grip during the execution of the lift.</p> <p>(10) After the bar is lowered to the chest the bar cannot rest below the Xiphoid Process or bottom of the chest.</p>	<p>1) Any downward movement of the bar during the uplifting.</p> <p>2) Failure to stand erect with the shoulders held in an erect position.</p> <p>3) Failure to initiate the execution of the deadlift within a one minute period after the Head Referee declares the bar is loaded and ready.</p> <p>4) Failure to maintain the lifter’s knees locked at the completion of the lift.</p> <p>5) Supporting the bar on the thighs during the performances of the lift.</p> <p><u>NOTE: Supporting the bar is defined as a secondary bending of the knees and a dropping of the hips (hitching).</u></p> <p>6) Stepping backwards or forwards. Rocking back and forth on the feet between the ball and heel of the foot is permitted though.</p> <p>7) Lowering the bar before receiving the DOWN signal from the Head Referee.</p> <p>8) Allowing the bar to return to the platform without maintaining control with both hands.</p> <p>9) Making any attempt to lift the bar that allows it to rise and descend without having the plates themselves leave the platform.</p> <p>10) Failure to use a closed grip during the execution of the lift</p>